



## The Impact of Hobbies

"Find three hobbies you love: One to make you money, one to keep you in shape, and one to be creative."

- Anonymous

### **Benefits of Having a Hobby:**

- **Encourages us to take breaks.** Taking time-out from focusing too intently on something helps us refocus, perform better, and make connections in our work with a fresher perspective.
- **Helps to boost our energy.** Exercising our passions and interests in life has a way of calming our minds, helping us feel reenergized.
- **Engages us in something we enjoy doing.** When we do something we enjoy, we are not working. This helps us escape the stresses of work by connecting with ourselves.
- **Unites us with others.** Even solo activities such as reading and painting can expose us to people that share the same interests.
- **Helps us rediscover ourselves.** Newfound hobbies offer us new, positive challenges that expand our perspectives and help us explore what we didn't know about ourselves.
- **Provides a routine.** Making our hobbies part of our regular routine not only encourages us to get into a flow, but also gives us something to look forward to.
- **Physical health benefits.** Engaging in physical activities we enjoy helps to keep us active and moving, and lowers depression and negativity levels.
- **Gives us new experiences.** By being encouraged to meet people, try new things and keep our lives balanced, we are faced with new experiences that help us develop ourselves.

### **References:**

- [The Science of Taking Breaks at Work by Courtney Seiter](#). How to be more productive by changing the way you think about downtime (Buffer Open, 2014).
- [The Value of Hobbies by Jessica Beltran, MS](#) (Psych Central, 2014).
- [7 Benefits of Having a Hobby by Dani Dipirro](#) (Positively Present, 2013).
- [Survey of Lawyers on Wellness Issues](#) (Legal Profession Assistance Conference, Canadian Bar Association, 2012)

### **Did you know?**

- 26% of legal professionals in Canada have enough time for hobbies.
- 57% of legal professionals in Canada do not have enough time for hobbies.
- 16% of legal professionals in Canada say that engaging in hobbies is not a priority.

### **Alberta Lawyers' Assistance Society**

Professional Counselling  
Peer Support  
Education  
Resources

[www.albertalawyersassist.ca](http://www.albertalawyersassist.ca)



## The Alberta Lawyers' Assistance Society (Assist)

Assist is a charitable society providing help to lawyers, law and articling students, and their families with personal issues.

Our goal is to prevent crisis and keep lawyers and law students happy and healthy.

Assist is governed by an independent Board of Directors. Confidentiality is the corner stone of our programs and services.

### FREE CONFIDENTIAL SERVICES

#### Professional Counselling

Assist provides up to four hours of professional counselling to you and your family. This time is given to each family member, per issue, per year, so that problems can be assessed and referrals made to long-term sources of help, if necessary. Our counsellors are located across the province, and are available for emergencies.

#### Peer Support

This is a program of lawyers helping lawyers. The goal is to develop a relationship of trust and confidentiality with another lawyer who relates to your experiences, providing encouragement and hope.

#### Resources

Assist offers information on various topics such as Career & Education, Physical & Mental Health, Work-Life Balance, Stress Management, and Overcoming Addictions.

### VOLUNTEER OPPORTUNITIES

#### Peer Support Program

Join a network of support through lawyers helping lawyers. You will have the opportunity to provide one-on-one personal or career-related support. You will receive training outlining your responsibilities and required skills in offering peers help, encouragement, and referrals to appropriate resources.

#### Committees

Assist is supported by working committees. You will be able to contribute your background and skills to any one of these committees, such as Communications, Funding, Succession Planning, Law Schools, and Peer Support.

#### Representatives

Assist speaks at workshops and events, publishes a quarterly on-line newsletter, offers a website with resources, and contributes to various publications. Your contribution is welcomed.

### Contact Information

For immediate help call **1 877 498 6898** (toll free) from anywhere in Alberta.

For more information on **Assist's** services and to access our online resources, visit our website at:

**[www.albertalawyersassist.ca](http://www.albertalawyersassist.ca)**

To speak with someone at **Assist** about our services or volunteer opportunities, call **403 537 5508** or **1 877 737 5508**.